

August 2022

Take charge of your well-being

In this issue, get discounts on your dental care, schedule your annual physical, and find legal counsel when you need it.

FINANCIAL Well-being



Planning for Tomorrow

Don't let future expenses sneak up on you. Set goals and start saving with the help of Fidelity's upcoming Identify and Prioritize Your Savings Goals workshop on Aug. 17 at 12:00 or 3:00 p.m. ET. [Learn more.](#)

Up on Your Finances

Make sure your financial well-being is as strong and healthy as it can be by using some of the many tools offered by our partner Fidelity, including a Financial Wellness Assessment Tool and one-on-one financial consultations. [Learn more.](#)

PHYSICAL Well-being



Get Discounts on Dental Care

Register with Delta Dental's BrushSmart program to find ways to reduce dental costs and tips to keep your smile healthy. [Learn more.](#)

Schedule Your Doctor's Visit

Be sure to complete your annual physical and the health assessment on *Engage* before Sept. 30 to qualify for the 2022 well-being incentive. [Learn more.](#)



Support Breast Cancer Walks with the American Cancer Society

Join the American Cancer Society on Aug. 10 at 1:00 p.m. ET for a conversation about health equity and how you can get involved in a Making Strides Against Breast Cancer walk. [Learn more.](#)

Take Action to Contribute to Social Justice and Unity

Find impactful ways to advance the well-being of our community by taking action to promote a diverse and inclusive workforce. [Learn more.](#)



Support for Your Child's Mental Health

Whether you're in a crisis or just trying to be proactive, NGCare and our partner ComPsych have resources to help you cope with your child's mental health needs. [Learn more.](#)

Legal Counsel When You Need It Most

Facing a legal challenge can be overwhelming. Get the help you need to understand your rights. [Learn more.](#)



Congratulations Q2 Engage Rewards Winners

Congratulations Q2 Winners for the *Engage* Rewards Center Drawings! [See](#) who won prizes this quarter. As a reminder, you can earn points for your healthy behaviors and redeem them for quarterly rewards in [Engage](#).

Well-said: Employee testimonial

"I enjoyed the Summer Grilling 101 cooking demo, Juan was great at guiding you along the way, his step-by-step instructions were easy to follow and the recipe was simple yet delicious! This was something that anyone could make whether you are the cook at home or not."

- Greg B. Falls Church, Sr. Treasury Analyst

My well-being webinars

Participate in upcoming well-being webinars designed to help you thrive financially, physically, socially and emotionally. [Click here](#) for a complete list of webinars and details on how to register.

For more information, visit [My Well-being](#) on [Total Rewards Gateway](#).

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